

Appl. No. 10/730,990  
Amdt. Dated May 2, 2005  
Reply to Office action of November 2, 2004

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

Claim 1 (currently amended) ~~An~~ A free standing or mountable apparatus for assessing psychological state~~[[,]]~~ and for marking a value associated with one or more events or experiences of an individual, the apparatus comprising,

a measurement device, the measurement device comprising a scale defining a range of values and ~~an indicator~~ a re-positionable indicator to mark a position on said scale; and

a manual, the manual comprising instructions for the use of the device and the manual further comprising a written description of a series of events or experiences each of which is assigned a value associated with one or more of said events or experiences.

Claim 2 (original) The apparatus according to claim 1 wherein said measurement device further comprises a support means comprising the scale defining a range of values.

Claim 3 (original) The apparatus according to claim 2 wherein said device further comprises a stand alone base.

Claim 4 (original) The apparatus according to claim 2 wherein said device is mountable on a wall.

Claim 5 (original) The apparatus according to claim 2 wherein said scale is a graduated numerical scale.

Appl. No. 10/730,990  
Amdt. Dated May 2, 2005  
Reply to Office action of November 2, 2004

Claim 6 (original) The apparatus according to claim 2 wherein said scale is not numerical.

Claim 7 (original) The apparatus according to claim 2 wherein said scale is a combination of numerical and non-numerical indicia.

Claim 8 (canceled)

Claim 9 (original) The apparatus according to claim 2 wherein said series of events or experiences are events or experiences arising from a relationship.

Claim 10 (original) The apparatus according to claim 2 wherein the relationship is selected from the group of relationships consisting of personal relationships, family relationships, parent-child relationships, employment relationships, employee-employer and relationships.

Claim 11 (original) The apparatus according to claim 2 wherein a value assigned to said events or experiences in said manual correlates to the scale of values on said device.

Claim 12 (original) The apparatus according to claim 11 wherein said manual further comprises a description of a set of options based on totaling the values of a plurality of events or experiences.

Claim 13 (original) A method of using a device according to claim 1 to measure the psychological state of an individual, the method comprising the steps of:

a) setting said indicator to an initial position on said device.

Appl. No. 10/730,990

Amdt. Dated May 2, 2005

Reply to Office action of November 2, 2004

- b) upon the individual experiencing an actual event or actual experience, said individual referring to said manual and determining which of the listed events or experiences in said manual most closely correlates to said actual event or actual experience,
- c) determining the value for said event or experience based on the list of events or experiences in said manual,
- d) moving said indicator from said initial position based on the score for that event or experience thereby setting the indicator to a next position,
- e) upon the individual experiencing a subsequent actual event or experience, said individual referring to said manual and determining which of the listed events or experiences in said manual most closely correlates to said actual event or actual experience,
- f) determining the value for said subsequent actual event or experience based on the list of events or experiences in said manual,
- g) moving said indicator from said next position to a new next position based on the score for that event or experience thereby setting the indicator to a new next position,
- h) repeating steps e) to g) over a period of time defined by said individual.

Claim 14 (original) The method according to claim 13 wherein the value selected is a qualitative value.

Appl. No. 10/730,990  
Amdt. Dated May 2, 2005  
Reply to Office action of November 2, 2004

**Claim 15 (original)** The method according to claim 13 wherein the value selected is a quantitative value.

**Claim 16 (original)** A method of using a device according to claim 2 to measure the psychological state of an individual, the method comprising the steps of:

- i) setting said indicator to an initial position on said device.
- j) upon the individual experiencing an actual event or actual experience, said individual referring to said manual and determining which of the listed events or experiences in said manual most closely correlates to said actual event or actual experience,
- k) determining the value for said event or experience based on the list of events or experiences in said manual,
- l) moving said indicator from said initial position based on the score for that event or experience thereby setting the indicator to a next position,
- m) upon the individual experiencing a subsequent actual event or experience, said individual referring to said manual and determining which of the listed events or experiences in said manual most closely correlates to said actual event or actual experience,
- n) determining the value for said subsequent actual event or experience based on the list of events or experiences in said manual,
- o) moving said indicator from said next position to a new next position based on the score for that event or experience thereby setting the indicator to a new next position,

Appl. No. 10/730,990  
Amdt. Dated May 2, 2005  
Reply to Office action of November 2, 2004

p) repeating steps e) to g) over a period of time defined by said individual.

Claim 17 (original) The method according to claim 16 wherein the value selected is a qualitative value.

Claim 18 (original) The method according to claim 16 wherein the value selected is a quantitative value.

**WHAT IS CLAIMED IS:**

1. A free standing or mountable apparatus for assessing psychological state, and for marking a value associated with one or more events or experiences of an individual, the apparatus comprising,  
  
a measurement device, the measurement device comprising a scale defining a range of values and a re-positionable indicator to mark a position on said scale;  
  
and  
  
a manual, the manual comprising instructions for the use of the device and the manual further comprising a written description of a series of events or experiences each of which is assigned a value associated with one or more of said events or experiences.
2. The apparatus according to claim 1 wherein said measurement device further comprises a support means comprising the scale defining a range of values.
3. The apparatus according to claim 2 wherein said device further comprises a stand alone base.
4. The apparatus according to claim 2 wherein said device is mountable on a wall.
5. The apparatus according to claim 2 wherein said scale is a graduated numerical scale.
6. The apparatus according to claim 2 wherein said scale is not numerical.